

Do You Know Where Fruits
and Vegetables Come From?

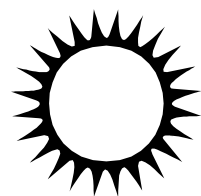


Fresh From the Farm.
Fresh to You.



They begin on a farm.

The farmer plants seeds in rich soil.



Sunshine and rain help the seeds grow into big, strong plants.



When the plants bloom, bees pollinate the plants.

Then the fruits and vegetables appear, very small at first, but they get bigger and bigger until they are ready to eat.



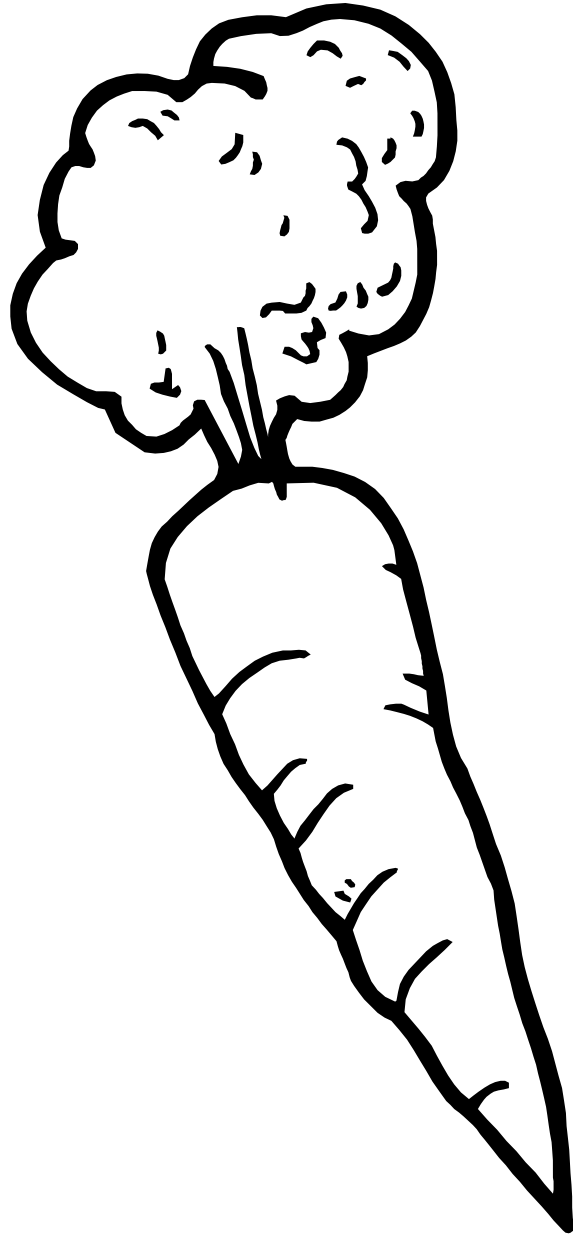
Then the farmer picks the fruits and vegetables for you.

Visit a Virginia farm when it is open to the public and see for yourself.

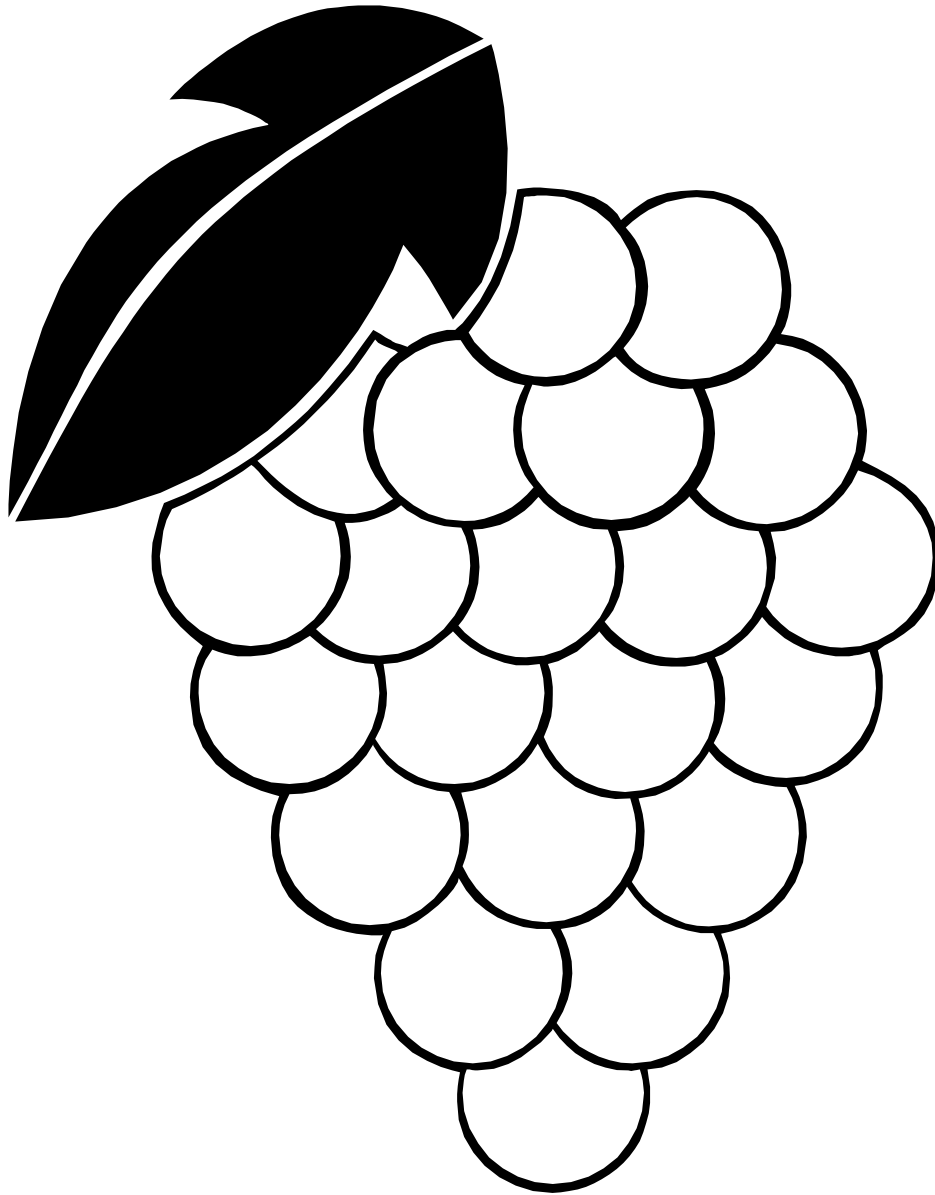
Fresh from the farm. Fresh to you.



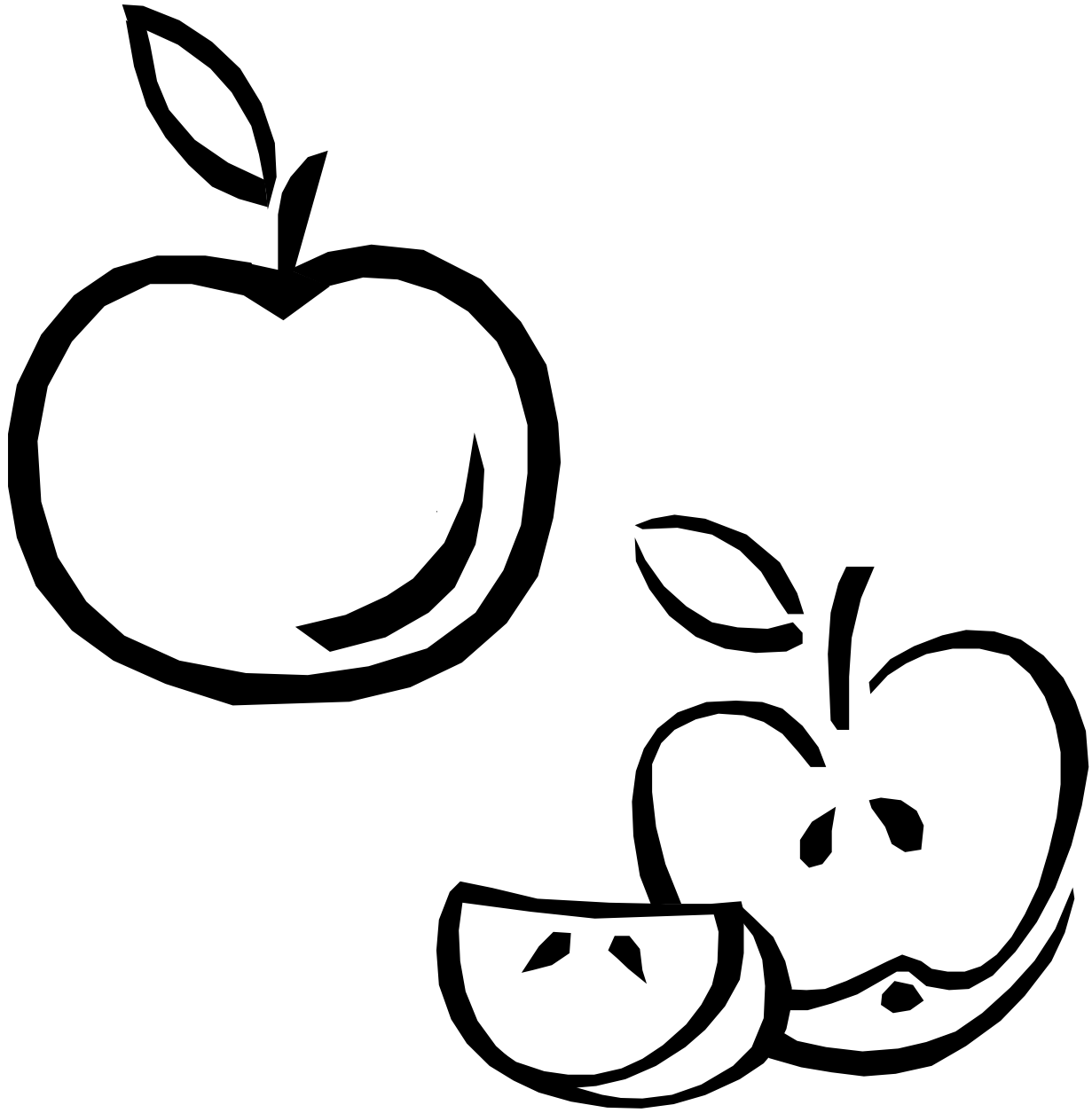
Fresh, juicy strawberries are ready for picking in May. You get the freshest, sweetest berries when you pick your own at a Virginia farm.



Did you know that the bright orange part of the carrot grows underground? Only the green tops show in the garden.



Grapes grow on vines. There are many different types of grapes. Some are good for eating, some are good for jelly, and some are good for winemaking.



McIntosh, Rome, Stayman, Golden
Delicious, Winesap, York, Ginger Gold. . .
Virginia grows many different kinds
of tasty apples.



Pumpkins are members of the squash family and are used to make pies, soups, and other good things to eat.

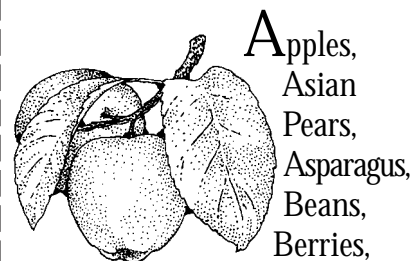
They are also carved for Halloween jack-o-lanterns.



For more information, contact the
Virginia Department of Agriculture
and Consumer Services
Division of Marketing
1100 Bank Street • Richmond, VA 23219
(804) 786-3951

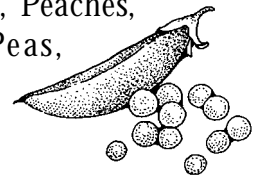
www.virginiagrown.com

Virginia Grown Fruits and Veggies!

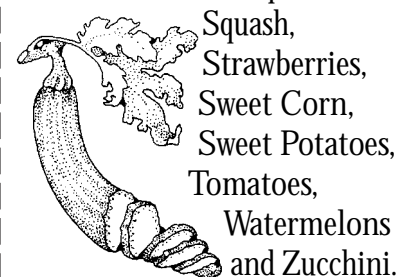


Apples,
Asian
Pears,
Asparagus,
Beans,
Berries,

Broccoli, Cabbage,
Cantaloupes, Cucumbers,
Eggplant, Grapes, Herbs,
Nectarines, Peaches,
Peanuts, Peas,



Peppers,
Potatoes,
Pumpkins,
Southern Greens, Spinach,



Squash,
Strawberries,
Sweet Corn,
Sweet Potatoes,
Tomatoes,
Watermelons
and Zucchini.

Look for
Virginia Grown produce at
grocery stores,
farmers' markets
or at the farm.